



Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact support@jstor.org.

The ability to do such work is a gift, but not a gift without the need of cultivation, development, and direction. Mrs. Fry had gone in and out among her needy neighbors, where the debasing influence of the vicinage of Newgate developed the traits that furnished material on which she made her first ventures and learned her methods of securing confidence and winning control. Then her devotion to the principles and practices of the Society of Friends, which she had joined, may have aided in developing her methods. She did a work even more striking than that of Howard, for she began with the most serious problem connected with penology, and without aid and only a woman's strength accomplished almost a miracle.

(To be continued.)

CLEANLINESS IN SMALL THINGS

By HELEN C. JENKS

Philadelphia

WE are all impressed by the germ theory of disease, we all feel that we must wash our hands frequently, that we must use clean clothing, and that, if we have been with a person who is ill, we must be especially careful on these points, lest we carry infection elsewhere or suffer from it ourselves. In dressing a surgical case we are taught that more than ordinary cleanliness is necessary—we must not only wash, but disinfect. We must beware of blood-poisoning, we must be vigilant to the last degree. All this is good, a great advance beyond the sanitary methods practised only a quarter of a century ago, and yet how inconsequent we are! If we really believe that germs are lurking everywhere, if we know that dirt—that is, “matter out of place”—helps them to grow and spread, why do we not take more heed in our daily lives?

Notice the dirt on the *inside* of windows. It does not show quite as much as the dust and raindrops *outside*, but it accumulates very fast and seems to be composed of the particles which always float in the atmosphere, and which are lightly glued to the glass by the moisture coming from the breath of persons living in the room or from other dampness. Frequent polishing keeps our *windows* bright, but meantime the walls are probably covered with the same light film, invisible where light does not shine through it. It is the custom not to clean wall-paper except by brushing or light wiping once or twice a year, and never to change it until it really shows the dirt. A handsome and

expensive paper wears far longer than a cheap one and may be left on the walls for ten, fifteen, or even twenty years. We would consider ourselves disgraced if the inner side of our windows was unwashed for that time.

Once in a London boarding-house I found the landlady covering her furniture with bright chintz. I expressed astonishment that in so smoky a place she should use light colors, but she explained that she did not want things to conceal the dirt. "It is far more cleanly and healthy to change the covers frequently, and I must do it if they *look* soiled" was her reply to my criticism.

Then about gloves. Do we always see that our hands are clean when we put them on? Suppose a district nurse goes to a case where there may be contagion—certainly these are abnormal conditions—and she does not stop to wash carefully, thinking she can do it better at home, puts on her gloves, and goes to another case, and repeats the same thing for many days, is it likely that those gloves are really clean and her hands safe to use for surgical work or in the case of those who, enfeebled by illness, are ready to take new infection?

With trunks people are careless too. Soiled clothing, boots, etc., are packed together and the lining of the trunk in no way protected from the dirt—probably not easily perceptible to the eye—which rubs off upon it.

The closets where our garments hang are often close and disagreeable, which means there is more or less stale dirt clinging to their walls. A delightful way is to have windows in closets, but as that is seldom possible, the next best method is to thoroughly ventilate all wearing apparel before putting it away, and also, if possible, have the closet door left a little ajar or an opening made at the top.

There are many other little ways in which we are all careless, and nurses who go from house to house must often be much tried at those which are especially dangerous, but a nurse also often has it in her power to hint at better things, to show by her own scrupulous care what real cleanliness means. She would rather be without handsome window curtains that see them when the slight grimy feeling and dingy edges indicate a use for months without washing. She too prefers her calico dress to all others while she is at work. She errs on the side of extravagance rather than let her patient be without clean towels, sheets, etc. A well-kept sick-room is one of the most immaculate spots on earth, and, except when the nature of the disease makes it impossible to control all odors, often the most sweet and refreshing part of the house.

What a nurse can do for the one place she is trained to watch over we should all strive to imitate in other corners of our daily life.